FOOD NOT BOMBS WEEKELY SCHEDULE

For the week of_____

	PICKUPS	DELIVERIES	KITCHENS	COOKS	SERVERS	LITERATURE	CLEAN UP
SUNDAY							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SOLIDARITY							

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SAMPLE AGENDA FOR YOUR FIRST MEETINGS

7:00 to 7:15 - Introductions
7:15 to 7:30 - Contacting food sources
7:30 to 7:45 - Visiting local soup kitchens and shelters
7:45 to 8:00 - Locating a kitchen
8:00 to 8:15- Choosing a high visibility serving location, day and time for weekly meal
8:15 to 8:30 - Choosing contact information for local chapter
8:30 to 8:45 - Set day and time to make your banner
8:45 to 9:00 - Posting flyers about new group and announcements in local papers and radio stations
9:00 to 9:15 - Plan first benefit concert
9:15 to 9:30 - Critique meeting and choose location, date and time of next meeting

THE THREE PRINCIPLES OF FOOD NOT BOMBS

ALWAYS VEGAN OR VEGETARIAN

All our food is vegan or vegetarian, that is, no meat, dairy, or eggs. This is for many reasons, but for now, two will do. First, the potential for problems with food spoilage are greatly reduced when dealing strictly with vegetables. With the process we use, we rarely hold the food we collect for more then a couple of hours. Second, teaching people about the economic and health benefits of a vegan or vegetarian diet is directly connected to a healthy attitude about ourselves, each other, and the planet as a whole. It is also a direct challenge to the injustice of the military/industrial economic system. This is not to suggest that it is our policy that everyone should be vegetarian or that eating meat is wrong. We encourage awareness of vegetarianism for political, spiritual, and economic reasons. We only prepare food which is strictly from vegetable sources so people will always know and trust Food Not Bombs food has this standard whenever they come to our table. At times, we take already prepared dairy and meat products which might have been donated to us and take it to soup kitchen that aren't vegetarian because we believe eating is more important than being politically correct; however, we never cook with animal products ourselves.

EACH CHAPTER IS INDEPENDENT AND AUTONOMOUS - NO LEADERS OR HEADQUARTERS

Each Food Not Bombs chapter is autonomous and uses a process of Consensus to make decisions. There are no leaders, presidents or directors. Everyone in each chapter is encouraged to participate in the decision making. Your chapter may meet once a week or once a month but no one volunteer is empowered to tell the rest of the group how it is to operate and there is no headquarters to direct the activities of any chapter. The process of consensus is not voting or the use of "Robert's Rules of Order" where a majority determine the decisions. In consensus a decisions is not made until the proposal is one everyone participating supports and gives their consent. There are a number of resources to help your chapter learn to use consensus on the web and you can also request support from volunteers who have been active in other Food Not Bombs groups.

FOOD NOT BOMBS IS DEDICATED TO NONVIOLENCE

Food Not Bombs is dedicated to using nonviolent direct action to change society. Our volunteers not only provide meals to the hungry on the streets and at protests we also participate in planning and implementing campaigns of nonviolent direct action. Our volunteers helped organize and provided meals to activists at blockades, sit-ins, strikes, marches, tree sits and lock downs. Our actions can involve art, music, puppets, banners and many other creative strategies. Our volunteers have provided food to workers and their families while on strike and they have smuggled food into factory and office occupations. Food Not Bombs volunteers can help facilitate Nonviolence Trainings to prepare for campaigns of non-cooperation and nonviolent resistance. There is nothing passive about nonviolent direct action.